



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Full Report (All Nutrients) 09163, Blueberries, dried, sweetened

Report Date: June 29, 2017 23:00 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor: 3.36

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.25 cup 40g
<strong>Proximates</strong>					
Water	g	14.80	--	--	5.92
Energy	kcal	317	--	--	127
Energy	kJ	1328	--	--	531
Protein	g	2.50	--	--	1.00
Total lipid (fat)	g	2.50	--	--	1.00
Ash	g	0.73	--	--	0.29
Carbohydrate, by difference	g	80.00	--	--	32.00
Fiber, total dietary	g	7.5	--	--	3.0
Sugars, total	g	67.50	--	--	27.00
<strong>Minerals</strong>					
Calcium, Ca	mg	19	--	--	8
Iron, Fe	mg	0.90	--	--	0.36
Magnesium, Mg	mg	18	--	--	7
Phosphorus, P	mg	36	--	--	14
Potassium, K	mg	214	--	--	86
Sodium, Na	mg	3	--	--	1
Zinc, Zn	mg	0.49	--	--	0.20
Copper, Cu	mg	0.160	--	--	0.064
Selenium, Se	µg	0.6	--	--	0.2
<strong>Vitamins</strong>					
Vitamin C, total ascorbic acid	mg	23.8	--	--	9.5
Thiamin	mg	0.092	--	--	0.037

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.25 cup 40g
Riboflavin	mg	0.127	--	--	0.051
Niacin	mg	1.154	--	--	0.462
Vitamin B-6	mg	0.152	--	--	0.061
Folate, total	µg	12	--	--	5
Folic acid	µg	0	--	--	0
Folate, food	µg	12	--	--	5
Folate, DFE	µg	12	--	--	5
Choline, total	mg	18.5	--	--	7.4
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	7	--	--	3
Retinol	µg	0	--	--	0
Carotene, beta	µg	84	--	--	34
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	141	--	--	56
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	208	--	--	83
Vitamin E (alpha-tocopherol)	mg	2.35	--	--	0.94
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	59.4	--	--	23.8
<b>Lipids</b>					
Fatty acids, total saturated	g	0.200	--	--	0.080
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.116	--	--	0.046
18:0	g	0.068	--	--	0.027

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.25 cup 40g
Fatty acids, total monounsaturated	g	0.405	--	--	0.162
16:1 undifferentiated	g	0.005	--	--	0.002
18:1 undifferentiated	g	0.400	--	--	0.160
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	1.300	--	--	0.520
18:2 undifferentiated	g	1.137	--	--	0.455
18:3 undifferentiated	g	0.163	--	--	0.065
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0